

Special Events and Trips

March Birthdays will be celebrated
March 26 at 10 am (SRCNY)

Which Medicare Plan for Me

Presented by Area Agency on Aging
Fri - March 5
9:30 am - 11:00 am
Free (SRCNY)

Texas Rangers & Dr. Pepper Museums (Waco, TX.)

Thur - March 11
8:00 am - 4:00 pm
\$20 (SRCNY)

Dallas Blooms

Thur - March 18
9:00 am - 3:00 pm
\$18 (SRCE)

Shades Of Green

Thur - March 18
10:00 am - 11:30 am
Free (SRCNY)

Harrah's Casino (Shreveport, LA)

Tues - March 23
7:00 am - 8:00 pm
\$15 (SRCE)

Improve Your Memory

Presented by Arden Courts
Thur - March 25
10:00 am - 11:00 am
Free (SRCNY)

Spring Craft Sale

Thur - March 25
9:00 am - 2:00 pm
(SRCNY)

Primetime Lunch

Monday ~ Friday at 11:30 am
(You must sign up at least one day in advance. Suggested Donation: \$2)
Please see the front desk for a monthly menu

MONDAY

1.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

8.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

15.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

22.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

29.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Parkinson's Support
11:30 Prime Time Lunch

TUESDAY

2.
8:30 Table Games
10:00 Card Games
10:30 Joyful Singing
11:30 Prime Time Lunch
1:00 Cardio Fitness
3:00 Bingo in the Afternoon

9.
8:30 Table Games
10:00 Card Games
10:30 Joyful Singing
11:30 Prime Time Lunch
1:00 Cardio Fitness
5:00 Supper Club
(Catfish Sam's)

16.
8:30 Table Games
10:00 Card Games
10:30 Joyful Singing
11:30 Prime Time Lunch
1:00 Cardio Fitness

23.
8:30 Table Games
10:00 Card Games
10:30 Joyful Singing
11:30 Prime Time Lunch
1:00 Cardio Fitness
5:00 Pot Luck Bingo

30.
8:30 Table Games
10:00 Card Games
10:30 Joyful Singing
11:30 Prime Time Lunch
1:00 Cardio Fitness

WEDNESDAY

3.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch

10.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch

17.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch

24.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch

31.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
10:00 Wednesday Dance
11:30 Prime Time Lunch

THURSDAY

4.
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
2:00 Parkinson's Support

11.
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
2:00 Parkinson's Support

18.
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
2:00 Parkinson's Support

25.
8:30 Table Games
10:00 Stitch-N-Beads
11:30 Prime Time Lunch
2:00 Parkinson's Support



**FRIDAY**

5.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:30 Movies
9:45 Tai Chi
11:30 Prime Time Lunch
1:00 Cardio Fitness

12.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:30 Food Pantry
9:45 Tai Chi
11:30 Sing With Marvin
11:30 Prime Time Lunch
1:00 Cardio Fitness

19.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Super Bingo
11:30 Sing With Marvin
11:30 Prime Time Lunch
1:00 Cardio Fitness

26.
8:00 Fitness Walking
8:30 Table Games
8:45 Strength Training
9:45 Tai Chi
10:00 Birthday Party
11:30 Prime Time Lunch
1:00 Cardio Fitness

Movie
 **March 5, 2010**
9:30 - 11:30 am
"The Big Bounce"
With Morgan Freeman 

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SPECIAL EVENTS & TRIPS

Craft Club Booth is open :
Mon 9 am-12 pm & Tue 1 pm-3:30 pm

Are You With The Right
Medical Plan (Medicare)

Presented by Area Agency on Aging
Fri - March 5
9:30 am - 11:00 am
Free (SRCNY)

Texas Rangers & Dr.
Pepper Museums (Waco, TX.)

Thur - March 11
8:00 am - 4:00 pm
\$20 (SRCNY)

Dallas Blooms

Thur - March 18
9:00 am - 3:00 pm
\$18 (SRCE)

Shades Of Green - St.
Patrick's Day Celebration

Thur - March 18
10:00 am - 11:30 am
Free (SRCNY)

Casino Trip - Harrah's
Casino (Shreveport, LA)

Tues - March 23
7:00 am - 8:00 pm
\$15 (SRCE)

Improve Your Memory

Presented by Arden Courts
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Spring Craft Sale

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(SRCNY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1.</div> <div>8:45 Yoga</div> <div>9:00 Craft Club</div> <div>9:45 Exercise</div> <div>11:30 Ukulele Lessons</div> <div>12:30 Ukulele Band</div> <div>1:00 Watercolor Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div> <div>2:00 Kitchen Band</div> <div>5:30 Game Night</div> <div>7:00 Merry Rounders</div>	<div>2.</div> <div>9:30 Zumba Gold</div> <div>9:30 WET Club</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Line Dance Lessons</div>	<div>3.</div> <div>8:45 Yoga</div> <div>9:45 Exercise</div> <div>1:00 Oil Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div>	<div>4.</div> <div>9:30 Exercise</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Recreational/Beginner Bridge</div> <div>1:00 55 Alive</div> <div>5:30 Game Night</div>	<div>5.</div> <div>9:30 Zumba Gold</div> <div>1:00 Competitive/Advanced Bridge</div> <div>7:00 Band Dance</div> <div>Last Call (C & W)</div>
<div>8.</div> <div>8:45 Yoga</div> <div>9:00 Craft Club</div> <div>9:45 Exercise</div> <div>11:30 Ukulele Lessons</div> <div>12:30 Ukulele Band</div> <div>1:00 Watercolor Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div> <div>2:00 Kitchen Band</div> <div>5:30 Game Night</div> <div>7:00 Merry Rounders</div>	<div>9.</div> <div>9:30 Zumba Gold</div> <div>9:30 WET Club</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Line Dance Lessons</div>	<div>10.</div> <div>8:45 Yoga</div> <div>9:45 Exercise</div> <div>10:00 Senior Men's Club</div> <div>1:00 Oil Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div>	<div>11.</div> <div>9:30 Exercise</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Recreational/Beginner Bridge</div> <div>5:30 Game Night</div>	<div>12.</div> <div>9:30 Zumba Gold</div> <div>1:00 Competitive/Advanced Bridge</div> <div>7:00 Band Dance</div> <div>Gary Lee (Big Band)</div>
<div>15.</div> <div>8:45 Yoga</div> <div>9:00 Craft Club</div> <div>9:45 Exercise</div> <div>10:00 NARFE</div> <div>11:30 Ukulele Lessons</div> <div>12:30 Ukulele Band</div> <div>1:00 Watercolor Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div> <div>2:00 Kitchen Band</div> <div>5:30 Game Night</div> <div>7:00 Merry Rounders</div>	<div>16.</div> <div>9:30 Zumba Gold</div> <div>9:30 WET Club</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 RSEA</div> <div>1:30 Line Dance Lessons</div>	<div>17.</div> <div>8:45 Yoga</div> <div>9:45 Exercise</div> <div>11:00 Red Hat Trip</div> <div>1:00 Oil Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div>	<div>18.</div> <div>9:30 Exercise</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Recreational/Beginner Bridge</div> <div>5:30 Game Night</div>	<div>19.</div> <div>9:30 Zumba Gold</div> <div>1:00 Competitive/Advanced Bridge</div> <div>7:00 Band Dance</div> <div>Southern Pride (C & W)</div>
<div>22.</div> <div>8:45 Yoga</div> <div>9:00 Craft Club</div> <div>9:45 Exercise</div> <div>11:30 Ukulele Lessons</div> <div>12:30 Ukulele Band</div> <div>1:00 Watercolor Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div> <div>2:00 Kitchen Band</div> <div>5:30 Game Night</div> <div>7:00 Merry Rounders</div>	<div>23.</div> <div>9:30 Zumba Gold</div> <div>9:30 WET Club</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Line Dance Lessons</div>	<div>24.</div> <div>8:45 Yoga</div> <div>9:45 Exercise</div> <div>1:00 Oil Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div>	<div>25.</div> <div>9:30 Exercise</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Recreational/Beginner Bridge</div> <div>5:30 Game Night</div>	<div>26.</div> <div>9:30 Zumba Gold</div> <div>1:00 Competitive/Advanced Bridge</div> <div>7:00 Band Dance</div> <div>High Caliber (C & W)</div>
<div>29.</div> <div>8:45 Yoga</div> <div>9:00 Craft Club</div> <div>9:45 Exercise</div> <div>11:30 Ukulele Lessons</div> <div>12:30 Ukulele Band</div> <div>1:00 Watercolor Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div> <div>2:00 Kitchen Band</div> <div>5:30 Game Night</div> <div>7:00 Merry Rounders</div>	<div>30.</div> <div>9:30 Zumba Gold</div> <div>9:30 WET Club</div> <div>11:00 Pilates</div> <div>12:00 Internet 101</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Line Dance Lessons</div>	<div>31.</div> <div>8:45 Yoga</div> <div>9:45 Exercise</div> <div>1:00 Oil Painting</div> <div>1:00 Competitive/Advanced Bridge</div> <div>1:30 Intro to PC</div>	<div>Naturally Fun</div>	<div>ARLINGTON</div>

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